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1. A method for etching a substrate, comprising:

placing a substrate into a reactive chamber;

introducing into said chamber an etching gas;

generating a plasma of said etching gas at a first power level and contacting said substrate with said first power level plasma for a first predetermined time; and,

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generating a plasma of said etching gas at a second power level in said chamber and contacting said substrate with said second power level plasma for a second predetermined time, wherein said second power level plasma is a high power plasma and is greater than said first power level plasma, which is a low power plasma.

- The method according to claim 1, wherein said low power plasma is from about 100 Watts to about 250 Watts
- The method according to claim 1, wherein said low power plasma is about
  Watts.
- The method according to claim 1, wherein said first predetermined time is from about 3 seconds to about 10 seconds.
- The method according to claim 1, wherein said first predetermined time is about 5 seconds.
- The method according to claim 1, wherein said high power plasma is from about 800 Watts to about 1100 Watts.
- The method according to claim 1, wherein said high power plasma is about 950 Watts.
- The method according to claim 1, wherein said second predetermined time is from about 30 seconds to about 260 seconds.
- The method according to claim 1, wherein said second predetermined
  time is about 60 seconds.

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10. The method according to claim 1, wherein said low power and said high power plasmas of said etching gas are selected from the group consisting of Cl<sub>2</sub>, HBr, CF<sub>4</sub>, CHF<sub>3</sub>, CH<sub>3</sub>F, and inert gases.

- The method according to claim 10, wherein said low power plasma is
  CF<sub>4</sub>, CHF<sub>3</sub> and an inert gas.
  - 12. The method according to claim 10, wherein said high power plasma is  $CF_4$ ,  $CHF_3$  and an inert gas.
- 13. The method according to claim 10, wherein said low power and said high power plasmas are  $CF_4$ ,  $CHF_3$  and Ar.
- 14. The method according to claim 10, wherein said low power and said high power plasmas are  $CF_4$ ,  $CHF_3$  and He.
- 15. The method according to claim 1, wherein said substrate is a siliconbased substrate.
- 16. The method according to claim 15, wherein said substrate has an oxide layer formed over said substrate.
- The method according to claim 1, wherein said substrate is a germanium substrate.
- 18. The method according to claim 17, wherein said substrate has an oxide layer formed over said substrate.
- The method according to claim 1, wherein said substrate is a gallium arsenide substrate.
- The method according to claim 19, wherein said substrate has an oxide layer formed over said substrate.
- 21. A method for reducing striations formed by the plasma etching of a substrate, comprising:

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placing a substrate into a reactive chamber;

introducing into said chamber an etching gas;

generating a plasma of said etching gas at a first power level and contacting said substrate with said first power level plasma for a first predetermined time; and,

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generating a plasma of said etching gas at a second power level in said chamber and contacting said substrate with said second power level plasma for a second predetermined time, wherein said second power level plasma is a high power plasma and is greater than said first power level plasma, which is a low power plasma.

- The method according to claim 21, wherein said low power plasma is from about 100 Watts to about 250 Watts.
- $23. \ \, \text{The method according to claim 21, wherein said low power plasma is about 150 Watts.}$
- 24. The method according to claim 21, wherein said first predetermined time is from about 3 seconds to about 10 seconds.
- 25. The method according to claim 21, wherein said first predetermined time is about 5 seconds.
- 26. The method according to claim 21, wherein said high power plasma is from about 800 Watts to about 1100 Watts.
- The method according to claim 21, wherein said high power plasma is about 950 Watts.
- 28. The method according to claim 21, wherein said second predetermined time is from about 30 seconds to about 260 seconds.
- The method according to claim 21, wherein said second predetermined time is about 60 seconds.

- 30. The method according to claim 21, wherein said low power and said high power plasmas of said etching gas are selected from the group consisting of Cl<sub>2</sub>, HBr, CF<sub>4</sub>, CHF<sub>5</sub>, CH<sub>3</sub>F<sub>2</sub> and inert gases.
- 31. The method according to claim 30, wherein said low power plasma isCF<sub>4</sub>, CHF<sub>3</sub> and an inert gas.
  - 32. The method according to claim 30, wherein said high power plasma is CF<sub>4</sub>, CHF<sub>3</sub> and an inert gas.
  - 33. The method according to claim 30, wherein said low power and said high power plasmas are  $CF_4$ ,  $CHF_3$  and Ar.
    - 34. The method according to claim 30, wherein said low power and said high power plasmas are CF<sub>4</sub>, CHF<sub>3</sub> and He.
  - 35. The method according to claim 21, wherein said substrate is a siliconbased substrate.
  - 36. The method according to claim 35, wherein said substrate has an oxide layer formed over said substrate.
  - 37. The method according to claim 21, wherein said substrate is a germanium substrate.
  - 38. The method according to claim 37, wherein said substrate has an oxide layer formed over said substrate.
  - The method according to claim 21, wherein said substrate is a gallium arsenide substrate.
  - 40. The method according to claim 39, wherein said substrate has an oxide layer formed over said substrate.
  - 41. A method for reducing CD loss in an etched semiconductor substrate, comprising:

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placing a substrate into a reactive chamber;

introducing into said chamber an etching gas;

generating a plasma of said etching gas at a first power level and contacting said substrate with said first power level plasma for a time of from about 3 to about 10 seconds; and,

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generating a plasma of said etching gas at a second power level in said chamber and contacting said substrate with said second power level plasma for a time of from about 20 to about 260 seconds, wherein said second power level plasma is a high power plasma and is greater than said first power level plasma, which is a low power plasma.

- 42. The method according to claim 41, wherein said low power plasma is from about 100 Watts to about 250 Watts.
- The method according to claim 41, wherein said low power plasma is about 150 Watts.
- 44. The method according to claim 41, wherein said substrate is contacted with said low power plasma for about 5 seconds.
- 45. The method according to claim 41, wherein said high power plasma is from about 800 Watts to about 1100 Watts.
- 46. The method according to claim 41, wherein said high power plasma is about 950 Watts.
  - 47. The method according to claim 41, wherein said substrate is contacted with said high power plasma for about 60 seconds.
- 48. The method according to claim 41, wherein said low power and said high power plasmas of said etching gas are selected from the group consisting of Cl<sub>2</sub>, HBr, CF<sub>4</sub>, CHF<sub>3</sub>, CH<sub>2</sub>F<sub>2</sub> and inert gases.

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- 49. The method according to claim 48, wherein said low power plasma is CF<sub>4</sub>, CHF<sub>5</sub> and an inert gas.
- 50. The method according to claim 48, wherein said high power plasma is CF<sub>4</sub>, CHF<sub>3</sub> and an inert gas.
- 51. The method according to claim 48, wherein said low power and said high power plasmas are CF<sub>4</sub>, CHF<sub>3</sub> and Ar.
  - 52. The method according to claim 48, wherein said low power and said high power plasmas are CF<sub>4</sub>, CHF<sub>3</sub> and He.
  - 53. The method according to claim 41, wherein said substrate is a siliconbased substrate.
  - 54. The method according to claim 53, wherein said substrate has an oxide layer formed over said substrate.
  - 55. The method according to claim 41, wherein said substrate is a germanium substrate.
  - 56. The method according to claim 55, wherein said substrate has an oxide layer formed over said substrate.
  - 57. The method according to claim 41, wherein said substrate is a gallium arsenide substrate.
- 58. The method according to claim 57, wherein said substrate has an oxide layer formed over said substrate.
- 59. An integrated circuit substrate having improved CD loss and reduced striations formed by a method, comprising:

placing said integrated circuit substrate into a reactive chamber;

introducing into said chamber an etching gas;

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generating a plasma of said etching gas at a first power level and contacting said substrate with said first power level plasma for a first predetermined time; and,

generating a plasma of said etching gas at a second power level in said chamber and contacting said integrated circuit substrate with said high power plasma for a second predetermined time, wherein said second power level plasma is a high power plasma and is greater than said first power level plasma, which is a low power plasma.

- The integrated circuit substrate according to claim 59, wherein said substrate is a silicon-based substrate.
- 61. The integrated circuit substrate according to claim 60, wherein said substrate has an oxide layer formed over said substrate.
- 62. The integrated circuit substrate according to claim 59, wherein said substrate is a germanium substrate.
- 63. The integrated circuit substrate according to claim 62, wherein said substrate has an oxide layer formed over said substrate.
- 64. The integrated circuit substrate according to claim 59, wherein said substrate is a gallium arsenide substrate.
- 65. The integrated circuit substrate according to claim 64, wherein said substrate has an oxide layer formed over said substrate.
- 66. The integrated circuit substrate according to claim 65, wherein said substrate further has an antireflective coating thereon.
- 67. The integrated circuit substrate according to claim 59, wherein said substrate is a DRAM substrate.
- 68. The integrated circuit substrate according to claim 59, wherein said low power plasma is from about 100 Watts to about 250 Watts.

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- 69. The integrated circuit substrate according to claim 59, wherein said low power plasma is about 150 Watts.
- 70. The integrated circuit substrate according to claim 59, wherein said first predetermined time is from about 3 seconds to about 10 seconds.
- 71. The integrated circuit substrate according to claim 59, wherein said first predetermined time is about 5 seconds.
  - 72. The integrated circuit substrate according to claim 59, wherein said high power plasma is from about 800 Watts to about 1100 Watts.
  - $73. \ \, \text{The integrated circuit substrate according to claim 59, wherein said high power plasma is about 950 Watts.}$
  - 74. The integrated circuit substrate according to claim 59, wherein said second predetermined time is from about 40 seconds to about 90 seconds.
  - 75. The integrated circuit substrate according to claim 59, wherein said second predetermined time is about 60 seconds.
  - 76. The integrated circuit substrate according to claim 59, wherein said low power and said high power plasmas of said etching gas are selected from the group consisting of Cl<sub>2</sub>, HBr, CF<sub>4</sub>, CHF<sub>3</sub>, CH<sub>2</sub>F<sub>2</sub>, and inert gases.
  - The integrated circuit substrate according to claim 76, wherein said low power plasma is CH<sub>4</sub>, CHF<sub>3</sub> and an inert gas.
  - 78. The integrated circuit substrate according to claim 76, wherein said high power plasma is  $CF_4$ ,  $CHF_3$  and an inert gas.
  - The integrated circuit substrate according to claim 76, wherein said low power plasma includes HBr.
  - 80. The integrated circuit substrate according to claim 76, wherein said high power plasma includes HBr.

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- The integrated circuit substrate according to claim 76, wherein said low power plasma includes Cl<sub>2</sub>.
- 82. The integrated circuit substrate according to claim 76, wherein said high power plasma includes Cl<sub>2</sub>.
- 83. The integrated circuit substrate according to claim 76, wherein said low power and said high power plasmas are CF4, CHF3 and Ar.
- 84. The integrated circuit substrate according to claim 76, wherein said low power and said high power plasmas are CF<sub>4</sub>, CHF<sub>3</sub> and He.
  - 85. A method for plasma etching a silicon substrate, comprising:

providing a silicon substrate having an oxide layer, a patterned photoresist layer, and an antireflective layer;

placing said substrate into a reactive chamber;

generating a first low power plasma of said etching gas in said chamber at about 100-200 Watts;

contacting said substrate with said low power plasma for a time of from about 3 to about 10 seconds to stabilize said patterned photoresist layer on said substrate;

generating a second high power plasma of said etching gas in said chamber at about 800-1100 Watts; and,

contacting said substrate with said high power plasma for a time of from about 30 to about 500 seconds to etch said substrate.

- 86. The method according to claim 85, wherein said low power plasma is about 150 Watts.
- 87. The method according to claim 85, wherein said substrate is contacted with said low power plasma for about 5 seconds.

- $88. \ \,$  The method according to claim 85, wherein said high power plasma is about 950 Watts.
- 89. The method according to claim 85, wherein said substrate is contacted with said high power plasma for about 60 seconds.
- 90. The method according to claim 85, wherein said low power plasma of said etching gas includes  $CF_4$ ,  $CHF_3$  and Ar.
- 91. The method according to claim 85, wherein high power plasma of said etching gas includes  $CF_4$ ,  $CHF_3$  and Ar.